

MIND BODY

AWARENESS THROUGH MOVEMENT®

Would you like to move with greater ease and less effort? Are you interested in learning a dynamic way to release stress that involves how your movement relates to thinking, feeling and sensing? Awareness Through Movement® lessons created by Dr. Moshe Feldenkrais explore human neuromuscular functioning in a fascinating way that benefits range of motion, muscular coordination, upright posture and better breathing. ATM is a fun way to enhance your performance and pleasure in all the activities you enjoy doing. Classes for all ages and abilities.

St. Paul's Hall (360 Nicola St.)
Wednesdays, 7:00 - 8:00 pm
 Jan 13 - March 17 (10 weeks) Course 2092
 March 24 - June 9 (10 weeks) 2226
 Instructor: Colleen

Thursdays, 9:00 - 10:00 am
 Jan 14 - March 18 (10 weeks) Course 2093
 March 25 - June 10 (10 weeks) 2225
 Members: \$88 Non-Members: \$100

MORNING YOGA WITH CHRISTINA

Uses Hatha Yoga poses combined with breathing and focus to create a powerful flowing experience that works the whole body as well as relaxing the mind.

DOWNTOWN Y
Mondays, 9:00 - 10:30 am
 Jan 11 - March 15 (10 weeks) Course 2089
 Members: \$100 Non-Members: \$120

SPIN & YOGA

The perfect blend of YIN and YANG. 40 minutes of cycling and 40 minutes of yoga. Try the hottest workout in North America. Don't miss out, space is limited!

DOWNTOWN Y
Sundays, 9:00 - 10:30 am
 Jan 24 - March 7 (7 weeks) Course 2094
 March 14 - May 2 (7 weeks) 2227
 Members: \$35 Non-Members: \$70

NORTHSHORE Y

Wednesdays, 6:00 - 7:00 pm (30 min. spin & 30 min. yoga)
 Jan 20 - March 31 (10 weeks) Course 2061
 April 7 - June 23 (12 weeks) 2064
 10 Weeks Members: \$50 Non-Members: \$90
 12 Weeks Members: \$60 Non-Members: \$120

POWER ASTANGA YOGA

Power Yoga. Be prepared to sweat! Good for beginners and experienced.

St. Paul's Hall (360 Nicola St.)
Mondays, 7:00 - 8:30 pm
 Jan 11 - March 29 (12 weeks) Course 2091
 April 12 - June 21 (10 weeks) 2224
 10 weeks Members: \$90 Non-Members: \$110
 12 weeks Members: \$108 Non-Members: \$133

FIT FLOW YOGA

Easy to follow approach - learn a complete range of basic moves - including standing, seated, lying and relaxation poses. Learn to focus your mind on your body and breath. Enjoy flowing, invigorating sequences with step-by-step instructions, including modifications, allowing you to move at your own pace & level. Improve your stamina, strength, balance & flexibility while having fun! Experience general health & fitness level improvements. Please bring a yoga mat.

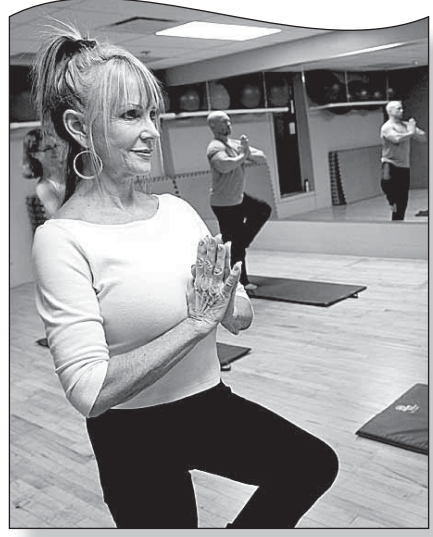
DOWNTOWN Y
Tuesdays, 5:00 - 6:15 pm
 Jan 12 - Feb 23 (7 weeks) Course 2087
 March 2 - March 30 (5 weeks) 2088
 Instructor: Selina
 7 weeks Members: \$56 Non-Members: \$75.60
 5 weeks Members: \$40 Non-Members: \$54

HATHA YOGA

NEW

Uses asanas (physical postures), breathing techniques and meditation to help participants become stronger and more flexible. You will feel both energized and relaxed at the end of each class. Poses will flow from one to the next. Suitable for all levels of experience, including absolute beginners as the instructor will give plenty of variations, allowing more advanced students to go further, while providing an opportunity for beginner students to rest or explore easier options in a pose. Classes will build in level of difficulty as the weeks progress.

NORTH SHORE Y
Mondays, 6:30 - 7:45 pm
 Jan 18 - March 29 (10 weeks) Course 2062
 April 12 - June 28 (11 weeks) Course 2065
Saturdays, 12:30 - 1:45 pm
 Jan 16 - March 27 (10 weeks) Course 2147
 April 17 - June 26 (11 weeks) Course 2148
 10 Weeks Members: \$80 Non-Members: \$100
 11 Weeks Members: \$88 Non-Members: \$110



YOGA FOR RUNNERS

NEW

The action of running predominantly involves flexion. Not surprisingly many runners complain of having stiff ankles, tight hip flexors and pain in the lower back. Experience a range of postures that specifically target these areas.

DOWNTOWN Y
Thursdays, 6:00 - 7:00 pm
 Jan 21 - March 25 (10 weeks) Course 2103
 Members: \$80 Non-Members: \$100

MOMMY & ME YOGA

NEW

A breath and movement class for moms and babies. Stretching and massage for infants, poses for moms that include baby and focus on post natal care. Class will include work on building the core and strengthening the upper body.

NORTH SHORE Y
Saturdays, 3:00 - 4:00 pm
 April 17 - July 3 (12 weeks) Course 2066
 Members: \$36 Non-Members: \$60

YOGA WITH TYSON SATURDAY FELDENKRAIS WORKSHOP SERIES

Join Tyson for one or more 4 hour Yoga/ Feldenkrais classes at St. Paul's Hall. An opportunity to immerse yourself in the healing practices of Yoga in a focused way.

Breath for Body, Mind and Spirit
 January 30 - 1:00 - 5:00 pm Course 2219

Flexible Feet, Hips and Back
 March 20 - 1:00 - 5:00 pm Course 2220

Relaxing Shoulders, Neck and Jaw
 April 17 - 1:00 - 5:00 pm Course 2223

Walking Better, Running Faster
 May 15 - 1:00 - 5:00 pm Course 2229
 Members: \$50 Non-Members: \$60

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

Adult Fitness

MIND BODY

PILATES

BEGINNER: ESSENTIALS OF PILATES Tone and develop muscles without building bulk. Improve posture, flexibility and stamina. Strengthen the back and flatten the stomach. Instructors are STOTT certified.

DOWNTOWN Y

Tuesdays, 6:30 - 7:30 pm

Jan 5 - Feb 16 (7 weeks) Course 2109

March 9 - April 27 (8 weeks) 2110

Thursdays, 9:00 - 10:00 am

Feb 18 - March 25 (6 weeks) 2111

INTEGRATED PILATES: The use of bands, balls and rings make the pilates mat exercises more challenging and fun. Participants need to have attended a beginner's session. Space is limited to 12 participants.

DOWNTOWN Y

Wednesdays, 9:00 - 10:00 am

Jan 6 - Jan 24 (4 weeks) Course 2112

Feb 17 - April 14 (8 weeks) 2117

Wednesdays, 7:15 - 8:15 pm

Jan 6 - Jan 27 (4 weeks) Course 2113

Feb 17 - April 14 (8 weeks) 2116

April 21 - June 9 (8 weeks) 2237

PILATES ON THE BALL: For those who have a sound foundation of the pilates principles and are looking to add more challenge to their workouts.

DOWNTOWN Y

Mondays, 5:00 - 6:00 pm

Jan 4 - Feb 15 (7 weeks) Course 2114

March 8 - April 19 (6 weeks) 2115

April 26 - May 17 (4 weeks) 2235

Fridays, 9:00 am - 10:00 am

Feb 17 - April 14 (8 weeks) Course 2119

PILATES FOR GOLFERS:

Get more from your game. Improve back, core and strength.

Mondays, 11:00 - 12:00 pm

Feb 15 - March 22 (6 weeks) Course 2240

4 weeks Members: \$32 Non-Members: \$36

6 weeks Members: \$48 Non-Members: \$54

7 weeks Members: \$56 Non-Members: \$63

8 weeks Members: \$64 Non-Members: \$72

NEW!

**BECOME A Y
FITNESS
INSTRUCTOR**
See how on page 15

We build strong kids, strong families, strong communities.

NIA

Nia is a JOYFUL conditioning & cardio fitness practice. You'll experience the expressiveness of dance, the power of martial arts, and the wisdom of healing arts. Done to uplifting music that stimulates creativity, Nia uses a variety of structured and freestyle patterns to develop your maximum movement & fitness potential. Nia will strengthen, tone, stretch, open, align, balance, invigorate, revitalize and de-stress you! Suitable for Everybody of all fitness or health levels. No dance or martial arts experience required.

St. Paul's Hall (360 Nicola St.)

Tuesdays, 5:30 pm - 6:30 pm

Jan 12 - March 23 (11 weeks) Course 2122

April 6 - June 8 (10 weeks) 2243

DOWNTOWN Y

Saturdays, 11:00 am - 12:00 pm

Jan 9 - March 27 (12 weeks) Course 2121

April 10 - June 12 (9 weeks) 2242

Fridays, 10:30 - 11:30 am

Jan 8 - March 26 (12 weeks) Course 2379

April 9 - June 11 (10 weeks) 2380

9 weeks Members: \$59 Non-Members: \$72

10 weeks Members \$65 Non-Members \$80

11 weeks Members: \$72 Non-Members: \$88

12 weeks Members: \$78 Non-Members: \$96

STRETCHED & BUFFED

Combine the world of yoga & strength training.

This fusion yoga workout combines strength & core abdominal cultivation and traditional yoga postures.

DOWNTOWN Y

Thursdays, 12:10 pm

Included in Membership.

FITNESS FUSION

Participants will experience a modern approach to training in the traditional forms of yoga and pilates from a fitness perspective. Space is limited. Sign up 1/2 hour before class.

DOWNTOWN Y

Tuesdays, 12:10 - 12:50 pm (Multi-Purpose Room)

Fridays, 12:10 - 12:50 pm (Multi-Purpose Room)

Included in Membership.



Check out our kidz fitness programs on page 26



I love the Y for its affordability and its friendly staff. My children and I are always treated with such kindness.

**Carla Young,
Y Member**

- We reserve the right to change schedules.
- Fees subject to applicable taxes.